

## Youth Leader Retrospective Survey (n=59)

### Nutrition outcomes

As a result of participation in 4-H SNAC, I now:

- think about what foods my body needs during the day (87%)
- make healthy food choices whenever I can (88%)
- eat more fruits and vegetables (74%)
- eat less junk food (58%)
- drink less soda (68%)
- drink more water (90%)

### Family nutrition outcomes

Because of this program:

- My family has purchased healthier foods (80%)
- My family has prepared healthier foods (78%)
- I use cooking skills to prepare food at home (75%)

### Positive youth development outcomes:

Because of 4-H SNAC:

- I can make a difference in my community (86%)
- I acted as a mentor to others (73%)
- I am more confident in helping others (90%)
- I am more confident in myself overall (77%)
- I taught others (77%)

### Leadership skills:

Statistically significant improvement reported after participation for:

- Leading group discussions
- Working as a team member
- Speaking in front of a group
- Planning programs
- Teaching others

## Quotes from the youth leaders....

### What was the best part of 4-H SNAC?

Themes: Helping, help others (15); Teaching others (11); Cooking, making food (7), leadership & decision-making (10)

- The best part of participating as a youth leader is learning topics that are interesting and enjoyable.
- Being the president and helping others.
- The best part is how people teach me how to cook.
- The best part about being a mentor was getting to help people.
- I think the best part was being able to eat and make food.
- It was being able to feel proud.
- I got to learn leadership and will help me teach skills for others.
- I got to make healthy snacks, help others and meet new people.
- I learned how to speak in front of a group.
- That we got to teach the kids
- The 4-H pledge
- The best part of being a teen teacher or a mentor is that you're helping.
- The best part of being a teen teacher was making decisions.
- The Harvest of the Month.
- The teacher was nice to everybody.
- My favorite thing was helping in kinder lessons
- Everyone was listening, they were making it good.
- Making little kids smile.

### What would make SNAC better?

Themes: More recipes, cooking, food (6); More physical activity (5); Nothing (5); More events, opps. to help (3)

- It's already very good, but having a few more events.
- Reading in front of the people to help public speaking and helping people.
- Of how I could learn my manners.
- Doing more activities.
- I could do it for a longer time.
- Nothing for me. I love the club just the way it is.
- By doing more recipes.
- I could help others that aren't in SNAC.
- More food and exercise.
- Nothing could make my experience even better it was perfect.
- Something that can be done is that I can learn more skills.
- some thing that could of made my experience better is some more trips for character traits.
- If I had more of a variety to put on the foods we make.
- Do more physical activity (4)
- Something that could have been done was getting to choose our own recipes.

**Outcomes from the Leadership and Culinary Academies (as reported in UC Delivers):**

A total of 32 youth attended at least one of the 6-hour academies. Of the 4-H SNAC members that participated in the Leadership Academy, almost all agreed that due to their participation they learned how to be a better leader (95%) and improved their presentation skills (95%). Qualitative data collected from the Leadership Academy show themes of improved recognition of career pathways, enhanced confidence and presentation skills, and increased confidence in being a leader. Of the 4-H SNAC members that participated in the Culinary Academy, a majority reported that they learned new culinary skills including how to chop vegetables with a knife (97%), how to prepare a healthy snack (97%), how to measure wet and dry ingredients (88%), and how to follow a recipe (91%) because of participating in the culinary academy. In addition, 79% agreed that they could teach others about cooking, and 84% considered themselves a good cook after the academy.